

P.E Scheme of Work 2020-2021

September/October	General Fitness/Theory/ Football	<p>Fitness drills, Theory – importance of exercise. Cardiovascular health and measuring heart rate Circuit drill made up of bodyweight exercises e.g burpees, sit ups, lunges, press ups Interval training</p> <p>Shooting: with a stationary or moving ball Passing and controlling: short, medium and long distance, chip pass Basic control techniques Dribbling: Consolidation and improving teamwork and communication</p>	<p>Teacher explanation and demonstration Warm up for students Working in small groups Use of worksheets and resources for theory portion Course book/Textbook for materials</p> <p>5 Min Warm up Team and communication drills Smaller group focused games to highlight importance of passing and communication</p>
November/December	Dodgeball/ Dice Tag/Tag Games	<p>Improvement of all basic skills within pressure/competitive situations. Importance of speed and communication Group tactics: focusing on patterns of play across the defence, different systems of play Technique of catching the balls</p> <p>Improvement of numeracy skills within pressure/competitive situations Running Tagging techniques</p>	<p>Teacher explanation and demonstration 5 Min Warm up Shooting practice Team matches with mixed ability students</p> <p>Teacher explanation and demonstration 5 Min Warm up Individuals games to practice of running and numeracy skills</p>
January	Basketball	<p>Shooting: set and jump shot, lay up (right and left) Passing and receiving: direct, rebound pass, shoulder pass Dribble: protection, pivot and progression Footwork: stopping with one and two feet Changing direction: crossed rotation, half rotation, between the legs and behind the body</p>	<p>Teacher explanation and demonstration 5 Min Warm up Use of hands when dribbling Shooting technique Team and communication drills Small group games with conditions.</p>



February	Football	Shooting: with a stationary or moving ball Passing and controlling: short, medium and long distance, chip pass Basic control techniques Dribbling: Consolidation and improving teamplay and communication	Teacher explanation and demonstration 5 min Warm up Team and communication drills Smaller group focused games to highlight importance of passing and communication
March/April	Dice Tag/Tag Games	Improvement of numeracy skills within pressure/competitive situations Running Tagging techniques	Teacher explanation and demonstration 5 Min Warm up Individuals games to practice of running and numeracy skills
May/June	Cricket/ Football	Technique of catching the balls Grip and technique for bowling the ball Batting stance and swinging actions etc Fielding – throwing, catching Shooting: with a stationary or moving ball Passing and controlling: short, medium and long distance, chip pass Basic control techniques Dribbling: Consolidation and improving teamplay and communication	Teacher explanation and demonstration 5 Min Warm up Team and communication drills Working in pairs to improve technique Teacher explanation and demonstration 5 min Warm up Team and communication drills Smaller group focused games to highlight importance of passing and communication

Complementary Activities and alternative activities: (Badminton, Fitness, Rounders, Running/Cross country)